

IN THE CLAIMS:

Claims 1-3 (Canceled)

4. (Currently amended) An incremental weight training apparatus, comprising:
a standard barbell;
a set of standard free weights; and,

at least one ~~incremental weight from a group of incremental weights including a one quarter-ounce weight, a one~~ half-ounce incremental weight, ~~[[a]] at least one~~ one-ounce incremental weight, and ~~[[a]] at least one~~ two-ounce incremental weight, wherein the incremental weights comprise[[s]] a thin disk having a center opening adapted to receive the standard barbell.

5. (Currently amended) The incremental weight training apparatus of claim 4 ~~wherein the plurality of incremental weights comprises further comprising at least one half-ounce weight, at least one one-ounce weight, at least one two-ounce weight, at least one four-ounce~~ incremental weight, at least one eight-ounce incremental weight, at least one sixteen-ounce incremental weight, and at least one thirty two-ounce incremental weight.

6. (Currently amended) The incremental weight training apparatus of claim ~~[[5]] 4 wherein the plurality of incremental weights further comprises further comprising~~ at least one quarter-ounce incremental weight.

Claim 7 (Canceled)

8. (Currently amended) An incremental weight training apparatus, comprising:
a cable-type weight training apparatus; and,

at least one ~~incremental weight from a group of incremental weights including a one quarter-ounce weight, a one~~ half-ounce incremental weight, ~~[[a]] at least one~~ one-ounce

incremental weight, and ~~[[a]]~~ at least one two-ounce incremental weight, wherein the incremental weights comprise~~[[s]]~~ a thin disk having a center opening and a slot extending from the center opening, the slot being adapted to receive a weight-bearing cable of the cable-type weight training apparatus.

9. (Currently amended) The incremental weight training apparatus of claim 8 ~~wherein the plurality of incremental weights comprises~~ further comprising at least one half-ounce weight, at least one one-ounce weight, at least one two-ounce weight, at least one four-ounce incremental weight, at least one eight-ounce incremental weight, at least one sixteen-ounce incremental weight, and at least one thirty two-ounce incremental weight.

10. (Currently amended) The incremental weight training apparatus of claim ~~[[9]]~~ 8 wherein the plurality of incremental weights further comprises comprising at least one quarter-ounce incremental weight.

11. (Previously presented) The incremental weight training apparatus of claim 8 wherein the center opening is adapted to receive a standard barbell.

Claims 12-14 (Canceled)

15. (Currently amended) A method of incrementally increasing a person's strength by incrementally increased weight training, the method comprising the steps of:

selecting a starting weight training resistance on one of a standard barbell and set of free weights or a cable-type weight training apparatus;

executing a weight training exercise during a workout at the selected starting weight training resistance;

providing a group of incremental weights including at least one half-ounce incremental weight, at least one one-ounce incremental weight, and at least one two-ounce incremental weight;

selecting at least one of the incremental weights ~~from a group of incremental weights including a one quarter ounce weight, a one half ounce weight, a one ounce weight, and a two ounce weight;~~

adding the at least one incremental weight to the starting weight training resistance to provide an incrementally increased weight training resistance, the incrementally increased weight training resistance being increased in increments of less than about five-ounces; and,

executing an incrementally increased weight training exercise during a subsequent workout at the incrementally increased weight training resistance,

to consistently achieve small incremental increases in strength without causing injury and/or failure.

16. (Currently amended) The method of claim 15 wherein the group of incremental weights further comprise ~~at least one half ounce weight, at least one one ounce weight, at least one two ounce weight,~~ at least one four-ounce weight, ~~at least one eight ounce weight, at least one sixteen ounce weight, and at least one thirty two ounce weight.~~

17. (Currently amended) The method of claim ~~[[16]]~~ 15 wherein the group of incremental weights further comprise at least one quarter-ounce weight.

18. (Previously presented) The method of claim 15 wherein the incremental weights comprise a thin disk having a center opening adapted to receive a standard barbell and a slot adapted to receive a weight-bearing cable of a cable-type weight training apparatus.

19. (Previously presented) The method of claim 15 wherein the starting resistance comprises a standard barbell and standard matched free weights.

20. (Original) The method of claim 15 wherein the starting resistance comprises a weight resistance selected from a cable-type weight training apparatus.